

European Salad

Prep time: 30 minutes

Makes: 4 Servings

Delightful mix of fresh salad fixings topped with sautéed chicken and a light, flavorful raspberry vinaigrette. Save time by using a blender to make the vinaigrette and purchasing packaged salad blends, pre-cut chicken, and vegetables.

Ingredients

12 ounces chicken breast (pre-sliced)
1/4 teaspoon salt
1/4 teaspoon ground black pepper
2 teaspoons olive oil
3 green onions (sliced)
1 large yellow bell pepper, cut in strips (about 1 1/2 cups)
16 cherry tomatoes
1 10-oz package European blend salad greens
 Whole grain croutons (about 8 per serving)
 Fresh ground pepper, to taste
 For the vinaigrette:
3/4 cup frozen raspberries, thawed
1 tablespoon olive oil
2 tablespoons cider vinegar
1 teaspoon sugar
1/4 teaspoon garlic salt
1/4 teaspoon oregano
1/4 teaspoon ground black pepper

Directions

1. Place all vinaigrette ingredients in a blender, blend until smooth; set aside. (Note: Vinaigrette can be made ahead and refrigerated.)



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	240	
Total Fat	9 g	14%
Protein	20 g	
Carbohydrates	21 g	7%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	450 mg	19%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1 1/2 cups
Grains	1/2 ounce
Protein Foods	2 ounces

2. Season chicken with salt and pepper.
3. Heat olive oil in a large skillet.
4. Sauté chicken until cooked thoroughly; remove from pan, and let cool.
5. Slice onions.
6. Toss cut vegetables with European blend salad greens.
7. On individual serving plates, top salad with chicken and croutons, drizzle with dressing, and finish with fresh ground pepper, if desired.

Notes

Serving Suggestions: Serve with fruit, non-fat milk, and whole grain bread.